

**ABSTRACT**

A buckle includes a socket (10), a plug (20) of which tip end part can be inserted into and released from the socket by pressing both sides of the socket by a manual operation. The plug has a base (21) located on a base end of the plug, a pair of lock arms (22) extending to the tip end of the plug from the base, an engaging part (24) provided on the intermediary of the lock arm and engageable with the inside of the socket, a pressing part (25) provided on the intermediary of the lock arm and pressed by the manual operation, and a bridge (30) for connecting the intermediaries of the lock arms.